DINWIDDIE EXPLAINS SOCIAL SECURITY REGULATIONS

"An application for old-age and survivors insurance benefits must be filed before payments can begin," is the advice given by J. W. Dinwiddie, district manager of the Lynchburg social security office.

One of the basic requirements that must be met before benefits can be paid to a retired worker is that he must contact the nearest social security office and file an application for them. The same requirement must be met before survivors benefits can be paid to a deceased worker's family after his death.

"It is very important for the worker and his family to understand this requirement so that checks can be started promptly and so that no loss of payments will result," Mr. Dinwiddie said.

The three statements which follow are important to every worker and to every member of his family:

1. The worker who is between 65 and 72 years old should file his application at the nearest social security office at the earliest opportunity after he retires from work.

2. A worker at the age of 72 need not retire to be eligible for payments. Payments may be made to an insured worker at the age of 72 regardless of his earnings. The worker still employed at the age of 72 should file his application at the earliest opportunity after he attains that age.

3. After the death of a person whose work was covered by social security, some member of his family should inquire promptly at the nearest social security office to learn what survivors insurance benefits may be paid.

Health & Beauty

One of the most interesting of the more recent research investigations has to do with the bioflavonoids and especially the citrus bioflavonoids. They have been known for nearly 20 years and were discovered during work done on ascorbic acid (vitamin C). They have been called vitamins and seem to play an important part in human health and efficiency.

They have been used in the treatment of many diseases but more recent research has pointed up their effectiveness in treating patients with respiratory troubles.

These compounds are found in vegetabes and fruits, especially the yellow ones. The meaty sections of the citrus fruits are very rich sources of citrus bioflavonoids. The habit of eating generously of citrus fruits or drinking lots of citrus fruit juice is an important health measure that should start in childhood and continue through life.

Bioflavonoids have been used most successfully in the treatment of such troubles as chicken-pox, abnormal menstrual flow, rheumatic fever, coronary thrombosis and upper respiratory diseases. They are being used in the treatment of colds. In one medical school it was found that student nurses who had bioflavonoid and ascorbic acid medication had 55 per cent fewer colds than those who got no such medication. Also, the colds were of much shorter duration.

It is also believed that bioflavonoids have a direct effect on the capillaries. These are the small blood vessels which carry nourishment to the cells of the body.

You can see that you have a lot of reason to eat and drink citrus fruit and its juices.

IN COMA 4 YEARS; DIES

Asheville, N. C.- Four years and one month after falling from a scaffold, while painting a church, Cliff Greene, 49, died in a Veteran Administration hospital. Greene, a former Marine, often opened his eyes, but he stared ahead oblivious to the world. His mother, Mrs. Lillie Greene, believed that he recognized her as his mother—from the expression in his eyes.

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GUILD OPTICIANS

A. G. Jefferson

Registered Opticians

Ground Floor Allied Arts Bldg. LYNCHBURG, VA.

Hixburg

Hixburg, April 10.- Week - end guests in the home of Mr. and Mrs. Jim Carson wereNancy Main, of Roanoke; Nancy Barnett, of Bluefield, Va.; Eddie Bush, of Vinton, and Mr. Crote Carson and family, of Richmond.

Mr. DeWitt Goin is improving, and has returned to his home after spending several weeks in Lynchburg General Hospital. He will return to the hospital for a check-up on Tuesday.

Mr. Jud Covington is a patient in the Southside Community Hospital in Farmville.

Capt. E. A. Covington is recovering from his second attack of flu.

Mesdames Johnny and William Hix attended a stork shower, for Mrs. Richard E. Fore, Jr., at Prospect on Thursday evening.

Recent visitors in the home of Mr. and Mrs. Edwin Fore were Mrs. E. M. Pleasants, of Chattahoochee, Florida; Mrs. Harriet F. Charlton, of Washington, D. C.; Mr. and Mrs. R. E. Fore, Jr., of Farmville, and Miss Rasolie Fore, of Longwood College. Mrs. Pleasants has returned to her home in Florida, after spending a week here.

Fortune doesn't lie at the end of the rainbow. It is found behind some obstacle. —Thoughts for Today.

In peace the masses turn to the sports pages for their heroism. — Chris Brasher, London.

Newsprint output and use set new records in March.

Carver-Price School News

Hello Readers!

Our first baseball game was played on Monday, April 9, with Carter G. Woodson High, of Buckingham. We lost by a score of 18-9. Pitching the game were: John Minnifield, George Jennings, and Joe Robinson. Other players were: catcher, David Preston; short stop, Charles Walker; first base, James Williams; second base, Joe Robinson; third base, Alphonso Dillard; fielders, Samuel Scruggs, Raymond Lawing and Herbert Williams. Our first home game is Thursday, April 19, with R. R. Moton, of Farmville. We expect a win, of course.

Friday, April 13, Gloria Jenkins, will compete in the N. O. S. Oratorical Contest to be held in the Speech Laboratory at Virginia Union University in Richmond. Four persons will receive ten dollar college tuition scholarships to the college of their choice will be given the winners. We wish Gloria much luck, and come home with the scholarship. Mrs. H. P. James is speech instructor.

Tuesday, April 10, the Girls' Intramural Voleyball Tournament began with the Eighth Grade versus the Ninth. Grade Nine won by a score of 47-27. Servers were Betty Johnson, grade nine, and Barbara Patterson, grade eight. Thursday, Grade 10 plays versus Grade 11.

The County Teachers' Association met on Monday evening at 6:00 P. M. The Sixth District Teachers' Meeting will be held this Saturday, April 14, in Bedford, Virginia, at 9:30 A. M.

Last Thursday evening at 8:00 o'clock, the N. H. A. - N. F. A. Banquet was held with mothers and fathers as honored guests. The joint banquet was held in the Cafeteria. Mr. C. B. Jeter, Supervisor of Vocational Agriculture, Virginia State College, was guest speaker. Dr. M. Fields, Teacher Trainer, Virginia State College, was also in attendance. An interesting program was given and a delicious dinner served. Mrs. V. P. Elliott and Rev. R. Q. Lawing are sponsors of the organizations.

On Friday evening, April 20, the Senior Class will present three one-act plays at 8:00 P. M., in the auditorium, under the direction of Mrs. H. P. James. The plays are entitled: "The Brave Shall Serve, with characters—Gloria Jenkins, Shirley Johnson, Henreitta Ferguson, James Ferguson, James Williams, and Fred Patterson. The second play, "Her Loveliest Wedding Gift," stars Laura Hubbard, Viola Johnson, Beatrice Morgan, and Barbara Johnson. The third play, "Among Us Girls," stars Roberta Lewis, Helen McCoy, McCoy, Kathleen Walker, and Beatrice Morgan. Mark this date on your calendar for you will enjoy the play.

Until next week, our thought: "Correction does much, but encouragement does more. Encouragement after censure is as the sun after a shower."

A bipartisan group of Senators will press for tax relief for small business.

Nylon filament yarn prices are slashed 10 to 22 per cent.

Liberty Chapel

Liberty Chapel, April 10.- Mr. and Mrs. J. H. Reynolds have been notified of the birth of a granddaughter, born April 5, to Mr. and Mrs. Garland Reynolds, of Columbus, Ohio.

Mr. and Mrs. Sam Thornhill visited Mr. and Mrs. Kern Mays Saturday evening.

Dinner guests Sunday of Mr. and Mrs. Lonnie Reynolds, Mrs. J. H. Reynolds, T. R. Martin and family, Mrs. Martin Coleman, Bruce, Mr. and Mrs. Martin and Myrlin; Rev. Addington and Mr. Martin. Visiting in the afternoon were Mr. and Mrs. Marvin Becky.

Mr. and Mrs. Sam Laura visited Mr. and O'Brien Wednesday

FLASH

JUST RECEIVED A CAR-LOAD OF IMPO PLASTER-BOARD (Commonly known as S ROCK) Get yours "WHILE IT LASTS."

ALSO RECEIVED A SHIPMENT OF "Bu PLASTER & PLIX." Plix is ESPECIALLY FOR CRACK FILLING ON WALLS & AR BATH ROOMS.

While "spring is arriving fast" NOW IS TIME TO use famous "STAG PAINTS," GALLON MAKES TWO) average cost per $3.85.

H. E. DeWitt Co.

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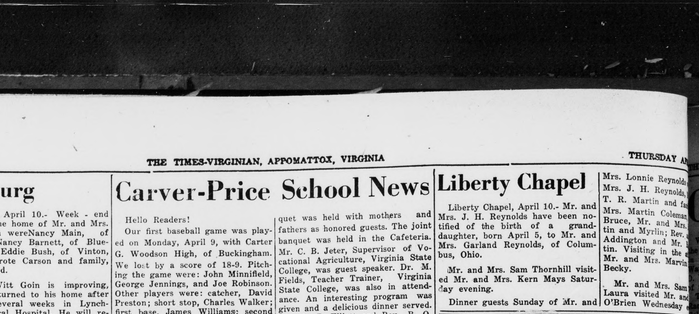
"Building Materials of Quality at Reasonable

Its power packin' punch put it No.1 in V-8 sales



And now Ford's new 225-h.p. engine gives you even hotter performance!

Today's biggest trend in automobiles is to the V-8 engine. That's because today's car buyer demands performance. And latest sales figures show that the Ford V-8 with its power-packin' punch is the *largest-selling eight* in the world! Official figures for 1955 show that 346,373 more people bought Ford V-8's than bought the *two* other low-priced eights *combined!*

But now Ford is setting an even *hotter* V-8 pace by making available the biggest engine ever offered in the low-price field. It's the Thunderbird Special V-8—and you can order it now in Fairlane and Station Wagon models. This engine has a displacement of 312 cubic inches and delivers 225 horsepower. It whisks you from "whoa" to GO as you've never gone before!

And Ford gives you that wonderfully long, low look of the Thunderbird in *all* of its '56 models. You get new Lifeguard Design, also, to help protect you in case of accident. Test Drive this great new '56 Ford . . . today!

Ford wins all 3 awards

For PERFORMANCE Pure Oil Manufacturer's Award for best all-around performance, Daytona Beach!

For SAFETY Motor Trend Award for the year's greatest automotive advancement—Lifeguard Design!

For ECONOMY Mobilgas Economy Run Award for greatest gas economy per pound in Ford's field!

You get more GO for your "dough" in a Ford V-8

YOUR LOCAL FORD DEALER

GREAT TV, FORD THEATRE, WSLS-TV, THURSDAY, 9:30 P. M.

Construction Work Starts On 1st Watershed Dam

Work was started last week on floodwater retarding dam the first Falling River Project, according to A. Williamson, Area Conservationist the Soil Conservation Service. dam is located on the J. Caldwell estate on Big Creek. Officially known as 15, this dam will be approximately 34 feet high and 700 There will be a permaof about 16 acres of wathind the dam. It is designed that is periods of high rainfall the water can rise 20 before running out of the emerspillway. Floodwater will through a conduit two feet in through the dam and in a of 24 hours the water will normal. In this way floodrarely overflow the creek below the dam thus pro- the bottom land and the below.

Moses and Joe B. Terry, Conservation Service are construction. Evans and Construction Co., of Appothe contractors. This is one three such dams scheduled to be in the Pilot Watershed. Comdate is set for August.

ELEMENTARY SCHOOL CAFETERIA MENU

Monday, April 16.- Oven brown meat, hot biscuits with spaghetti, string beans, cookie, 1-2 pint milk.

Tuesday, April 17.- Baked ham creamed potatoes, pineapple salad, cinnamon buns, 1-2 pint milk.

Wednesday, April 18.- Hot dog on bun with dressing, macaroni and cheese, cole slaw, ice cream, 1-2 pint milk.

Thursday, April 19.- Lima beans, turnip greens, black-eyed peas, carrot strips, lime jello 1-2 pint milk.

Friday, April 20.- Hamburger on bun with dressing, potato chips, mixed salad with cheese whip, cookies, 1-2 pint milk.

Washington Notes

DIVIDENDS

Publicly reported dividends amounted to $809,000,000 in January, which was 12 per cent above the same month of 1955, according to the Commerce Department. The month's rise was about the same as that of the full year of 1955 over 1954.

PEDESTRIAN DEATHS

A preliminary survey, conducted by the American Automobile Association, showed that only 7,482 pedestrians died in 1955, 400 fewer than in the previous year. In 1937, 15,500 pedestrians were killed—an all-time record.

NATIONAL DEBT

As of the latter part of March, the national debt got a little smaller, $2,202,000,000 smaller, to be exact. The Treasury paid off that amount of maturing securities and did not replace them with new ones. The debt, as of that time, was about $277,200,000,000. By June 30, the debt must be below $275,000,000,000, the permanent legal ceiling.

U. S. PARKS

The Government plans to spend $14,300,000 in the next ten years to improve ten national parks in Utah and Colorado. The program of improvement includes Dinosaur National Monument, Bryce Canyon Park. Total spending of $786,000,000 is slated to provide improved accomodations for an estimated 80,000,000 visitors during this period.

COUNCIL FOR AGING

President Eisenhower has announced he would soon establish a "Federal Council on Aging" to consider the problems of older persons. A memorandum, outlining what the Administration had done for the aging, stated in part: "The great majority of older persons are capable of continuing their self-sufficiency and usefulness to the community if given the opportunity. Our task is to help in assuring that these opportunities are provided."

Brazil is said to be marketing its largest coffee crop since the 1938-39 season, according to the U. S. Department of Agriculture. More than 20,600,000 bags (132 pounds to the bag) will be available for export during the 1955-56 crop year, compared with 14,500,000 bags in the 1954-55 season and 23,200,000 in the 1938-39 period. The department also forecasts larger coffee crops in Central America and Columbia.

Couldn't Tell

A witness was being questioned during a charge of assault.

"You saw these men fighting," said the magistrate. "Why did" you go to the assistance of the defendant?"

"Well, sir," replied the witness, "at that time it was impossible to foresee which would be the defendant."

OIL GUSHER IN YARD?

Los Angeles.- George Argentin thought he had an oil gusher in his yard when the black stuff bubbled up through his front lawn. After an estimated 300 barrels had spouted, it was found to be from a broken oil pipeline belonging to the Standard Oil Company. The "gusher" was pinched off by a company crew.

April 30 Application Deadline for Wool Pay

Wool growers are reminded to get their applications for payment under the wool program in the mail before May 1, 1956, if they want to get their incentive payment this year. The reminder comes from W. D. Hix, III, Chairman of the Appomattox Agricultural Stabilization and Conservation Committee.

According to the chairman, wool sales made after March 31, 1955, and before April 1, 1956, are eligible for payment this year provided the application for payment with the necessary supporting information is in the mail before May 1.

Wool growers are urged to be especially careful about providing the required sales record when submitting applications. The sales record for shorn wool must show the name and address of buyer, date of sale, and address of producer, net weight of wool sold, and net proceeds to producer after normal deductions.

Those who market lambs and yearlings for slaughter must provide bill of sale with name and address of slaughterer; date of sale; name and address of seller; and number description, and net live weight of animals sold. They also must certify that the animals were purchased for slaughter, and that they had or had not been shorn at the time of sale. Thirty-day ownership is required to be eligible for payment.

MRS. FURBUSH 4-H CLUB

At our regular March meeting, minutes were read by the secretary, Diane McCormick, and were approved. New business was brought up by the president, Peggy Lewis. May 6 will be 4-H Sunday, and July 30-August 4, 4-H Camp.

Nancy Lewis gave a demonstration on Home Medicine, First Aid Chest.

Nancy Chandler gave a demonstration on Travelers First Aid Chest.

Job Printing: Do not wait until you are out of printed forms to send us a re-order. Keep a supply ahead. We do all types of commercial printing, in a modernly equipped shop.

The Times-Virginian.

Marshall's DEPARTMENT STORE Main Street Appomattox, Virginia

Men's Matched Work Suits

KHAKI CLOTH — Sanforized & Zipper Fly Colors — Gray and Khaki

PANTS SIZE 28 TO 42 ..... 2.98

SHIRTS SIZE 14 to 17 ..... 1.98

HEAVY CHINO CLOTH—Sanforized & Zipper Fly Colors — Khaki, Gray, Charcoal

PANTS SIZE 29 to 50 ..... 3.39

SHIRTS SIZE 14 to 20 ..... 2.39

STAR BRAND Work Shoes

SIZE 6 to 12 ..... 3.98 to 8.95

DON'T GAMBLE

PLANT WOOD'S GARDEN SEED!

A TIP TO THE WISE:

Don't gamble with your garden! 77 years of practical know-how and *quality tradition* stand behind *Wood's fine garden seed!* These seeds are scientifically controlled and *tested* to assure highest quality, purity and germination . . . to yield abundant, vigorous, more delicious crops! SEE YOUR WOOD'S DEALER TODAY —He'll help you select the *quality* seed for a *jackpot* garden!

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Route 460, in Mid-Appomattox

We desire to express to the fine people of Appomattox and especially to the Volunteer Fire Companies of Appomattox and Pamplin and the Lynchburg Fire Department, our gratitude for their tremendous efforts on the occasion of our fire of last Thursday. It would be impossible to mention by name all of those who rendered service at the time of the fire, or in enabling us to resume business as quickly as we did. The management and staff of Grinels Motor Company can only say "Thank You" and voice our sentiment of appreciation.

A Special Notice

We are making every possible effort to render service to the public and during our period of readjustment, we ask that you bear with us. We want your business right now, and are sparing no effort to see that you get service. We regret any inconvenience you may have during this period.

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